



## Levy Senior Center SilverSneakers® Classes Fall 24

### Important registration information:

- A valid email must be provided for all class registrations
- For virtual classes, a Zoom link will be sent out before the 1st class
- Classes will only run if the minimum number of participants is met; please register early
- Registration can be done only by [clicking here](#) or by calling 847-448-8250
- If you are having any issues or have questions, please contact the Levy Center at [levycenter@cityofevanston.org](mailto:levycenter@cityofevanston.org) or by calling 847-448-8250
- There is no charge for SilverSneakers, Renew Active, and Silver & Fit members. Please call your insurance provider to find out if you qualify. Registration is required.

### Monday

#### **SilverSneakers Stability**

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls. This class is offered in person and virtually. This class is offered in person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
534345A4	Sept 9-Nov 25	M	10:30a-11:30a	In-Person/Virtual

#### **Golden Groove: Senior Range of Motion and Music Movement**

Are you ready to rejuvenate your body, embrace a newfound sense of flexibility, and groove to the rhythm of an improved range of motion? Welcome to "Golden Groove," a class that brings the joy of movement and music to enhance your overall well-being. Age is just a number; this class is your key to a more active and mobile life! A chair may be used for balance and support. This class is offered in person only.

**Instructor:** David Aaron-Harbin

**Location:** Levy Center

**Fee:** 12 sessions \$108LM/\$141NM

Class#	Dates	Days	Time	Type
534356A4	Sept 9-Nov 25	M	1:30p-2:30p	In-Person

### **SilverSneakers Yoga**

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class is offered in person only.

**Instructor:** David Aaron-Harbin

**Location:** Levy Center

**Fee:** 12 sessions \$108LM/\$141NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534343A4	Sept 9-Nov 25	M	2:45p-3:45p	In-Person

### **Tuesday**

#### **SilverSneakers Yoga**

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class is offered in person and virtually.

**Instructor:** Sandy Nowarita

**Location:** Levy Center/Zoom

**Fee:** 11 sessions \$99LM/\$129NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534343B4	Sept 10-Nov 19	Tu	12p-12:45p	In-Person/Virtual

### **Wednesday**

#### **SilverSneakers Yoga**

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class is offered in person and virtually.

**Instructor:** Shauna Babcock

**Location:** Levy Center/Zoom

**Fee:** 13 sessions \$117LM/\$153NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534343C4	Sept 4-Nov 27	W	9:30a-10:30a	In-Person/Virtual

#### **SilverSneakers Stability**

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls. This class is offered in person and virtually. This class is offered in person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 13 sessions \$117LM/\$153NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534345B4	Sept 4-Nov 27	W	10:45a-11:45a	In-Person/Virtual

### **SilverSneakers Classic**

Whole body conditioning for body, mind, and spirit! Class offers high energy, low impact movement for cardiovascular endurance, resistance exercise for muscular strength along mindful movement for mobility and balance. We use handheld weights, small balls (8-9" playground balls), and resistance bands (like Theraband). Experience the JOY of moving in community! Class will be accessible to all levels, seated and standing options will be offered. This class is offered virtually and in person.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

**Fee:** 13 sessions \$117LM/\$153NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534307A4	Sept 4- Nov 27	W	2:30p-3:30p	In-Person/Virtual

## **Thursday**

### **SilverSneakers Yoga**

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class is offered in person only.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 12 sessions \$108LM/\$141NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534343D4	Sept 5-Nov 21	Th	8a-9a	In-Person/Virtual

### **SilverSneakers BOOM Muscle**

This class incorporates athletic exercises that boost your overall fitness. Move through muscle-conditioning blocks and activity-specific drills to improve strength and functional skills. This class is offered in person and virtually.

**Instructor:** Sandy Nowarita

**Location:** Levy Center/Zoom

**Fee:** 11 sessions \$99LM/\$129NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534353A4	Sept 12-Nov 21	Th	11a-11:30a	In-Person/Virtual

### **SilverSneakers Yoga**

Move through seated and standing yoga poses designed to increase flexibility, balance, and range of movement. Finish with restorative breathing exercises and final relaxation to promote reduced stress and mental clarity. This class is offered in person only.

**Instructor:** Sandy Nowarita

**Location:** Levy Center/Zoom

**Fee:** 11 sessions \$99LM/\$129NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534343E4	Sept 12-Nov 21	Th	11:45a-12:30p	In-Person/Virtual

## **Friday**

### **SilverSneakers Stability**

Get stronger and improve your balance through exercises that strengthen the ankle, knee, and hip joints, all in a fun and social setting. This class is designed specifically to help prevent falls. This class is offered in person and virtually. This class is offered in person and virtually.

**Instructor:** Maureen Fogerty

**Location:** Levy Center/Zoom

**Fee:** 12 sessions \$108LM/\$141NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534345C4	Sept 6-Nov 22	F	10a-11a	In-Person/Virtual

### **SilverSneakers Yoga**

Explore yoga poses, along with other mindful movement inspirations, to improve mobility, flexibility, and balance. Class includes simple breathing techniques and mindful awareness to promote relaxation and peace, and reduce stress. Class will be accessible to all levels. Most of class will be taught from a chair, with a short standing section using the chair for support when needed. This class is offered virtually and in person.

**Instructor:** Barbara Meyer

**Location:** Levy Center/Zoom

**Fee:** 12 sessions \$108LM/\$141NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534343F4	Sept 6-Nov 22	F	11:45a-12:30p	In-Person/Virtual

### **Golden Groove: Senior Range of Motion and Music Movement**

Are you ready to rejuvenate your body, embrace a newfound sense of flexibility, and groove to the rhythm of an improved range of motion? Welcome to "Golden Groove," a class that brings the joy of movement and music to enhance your overall well-being. Age is just a number; this class is your key to a more active and mobile life! A chair may be used for balance and support. This class is offered in person only.

**Instructor:** David Aaron-Harbin

**Location:** Levy Center

**Fee:** 12 sessions \$108LM/\$141NM

<b>Class#</b>	<b>Dates</b>	<b>Days</b>	<b>Time</b>	<b>Type</b>
534356B4	Sept 6-Nov 22	F	1p-2p	In-Person